

~SMILE~

The World Can Be More Beautiful

Author

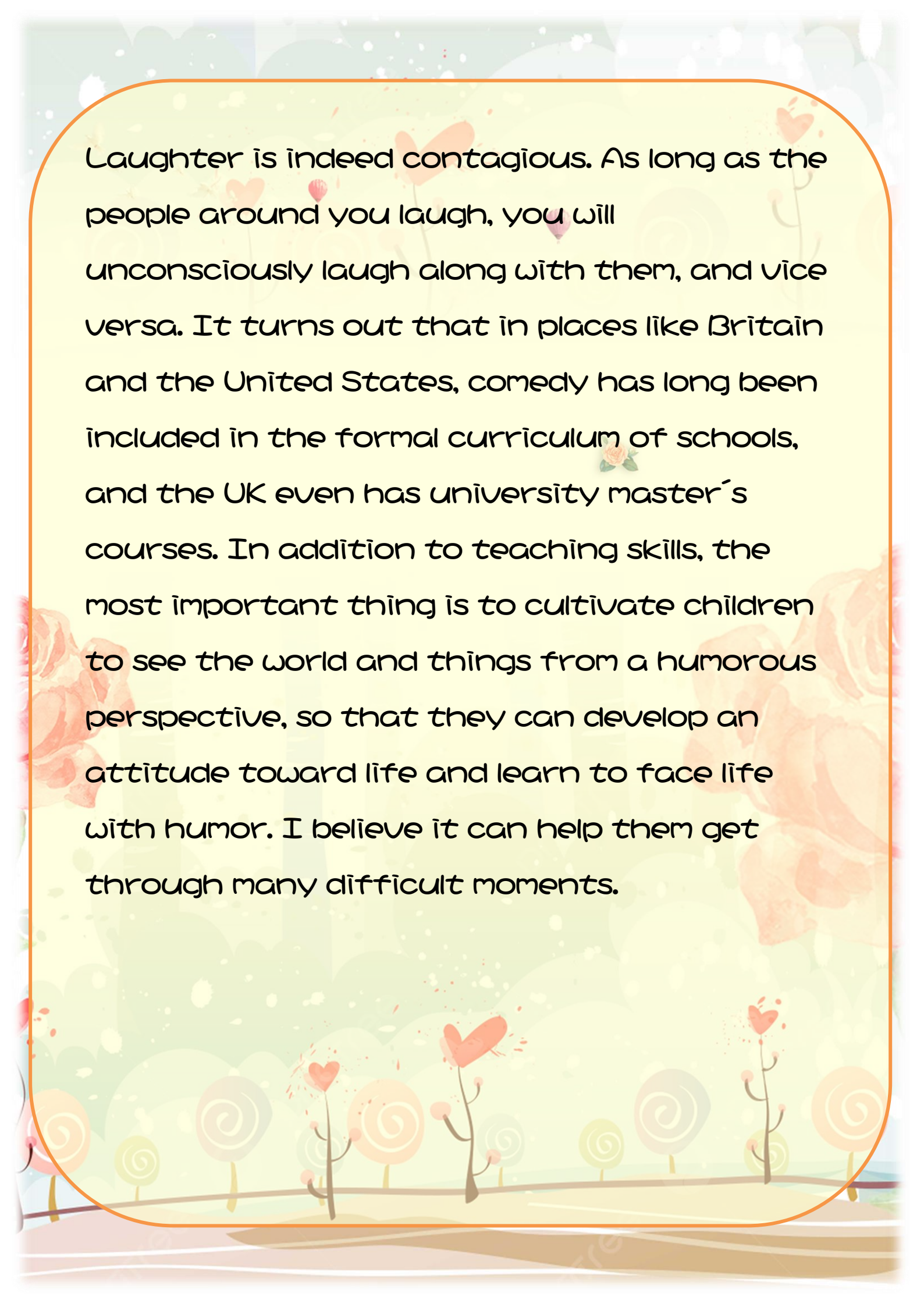
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I once watched a Hong Kong TV program online called "Hong Kong Stories-Wangyou·Daily" (November 2021), which shared a group of children's joke platform-"Little Toke". Listen to their interesting jokes, looking at their crooked cashew eyes, I can't help but smile knowingly. It turned out that the children participated in a joke-telling activity. One of the parents shared that when friends around her wanted to train their children to do decathlon and become both civil and military, she asked her children to tell jokes, hoping that he could grasp the happiness and joy in life.

"There is no standard for good or bad jokes, and there is no need to judge whether they are good or bad according to the established framework", "Because it is very free and everything is very happy." The belief of the organizer of the event is also quite interesting: "Laughing seems to be a very useless thing, but every time you go to the lowest point and the most difficult time in your life, laughter will help you." At this moment, I heard it in my heart, There is really an indescribable resonance.





Laughter is indeed contagious. As long as the people around you laugh, you will unconsciously laugh along with them, and vice versa. It turns out that in places like Britain and the United States, comedy has long been included in the formal curriculum of schools, and the UK even has university master's courses. In addition to teaching skills, the most important thing is to cultivate children to see the world and things from a humorous perspective, so that they can develop an attitude toward life and learn to face life with humor. I believe it can help them get through many difficult moments.

And "Positive Psychology" has broadened our definition of "humor": each of us has "twenty-four character strengths". It not only affects our thoughts, feelings and behaviors, but is also the key to allowing us to express and move toward our best selves. "Sense of humor" is also one of the twenty-four character strengths. Dr. Martin Seligman (the father of "positive psychology") proposed that when we understand our strengths and virtues and use them effectively, we will feel positive emotions and build a beautiful and abundant life. "Humor" includes the ability to be lively and interesting, and to bring smiles and happiness to others. People with a sense of humor love to laugh and make others laugh. It is worth noting that "humor" does not just mean telling jokes or "making fun", but refers to a person's ability to face life with a fun and imaginative attitude. (Positive Education Hong Kong 2016)

According to research, children already know how to respond to humorous things as babies. You may wish to adapt to the different preferences and development stages of your children and flexibly use the following secret recipes to create a family atmosphere with a sense of humor. Smile and the world can be more wonderful.

幽默的種類	例子
裝鬼臉或模仿 裝出不同有趣的表情，或是模仿日常生活的人物	日常生活中，爸爸模仿媽媽，是簡單逗人發笑的方法
謎語和笑話 不同的笑話和謎語背後，都充滿著幽默感。我們可以從圖書館或網上輕易搜尋有關的資料，或動動腦筋，自製一個笑話	問：「鯊魚吃了紅豆會變成甚麼？」 答：變成了紅豆「沙」 
趣怪的演繹 說出一些與事實不相符的東西，或做出一些趣怪行為 	於超級市場購物時，孩子問：「爸爸我想帶\$100買這個！」 爸爸回答：「好！（給孩子\$1），你再到那處拿2隻雞蛋，合起來就是\$100！」
誇張 透過過度陳述來形容事實	問：「為甚麼今天的蘋果這麼好吃？」 答：「對呀，因為為了你可以吃得滋味，我運用了全身的力量和精神才能從成千上萬的蘋果中選出這個最美味的蘋果囉！」
押韻或運用同義字 透過使用押韻的字詞、同音或同義詞來製造幽默	一家人於郊外野餐時，即席以押韻的方式製造幽默：「今個週六吹吹風，一家三口好輕鬆！」 

資料來源：「香港正向教育（Positive Education Hong Kong）2016」

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